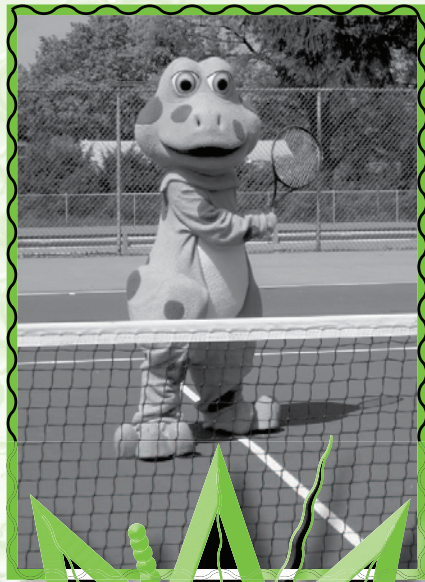


# 2012 Summer Program Guide



**FRIENDSHIP**  
**CENTER**



## REGISTRATION BEGINS

FC Members (All FC Programs) — Thursday, May 31 • Preschool Programs — Friday, June 1  
Aquatics Programs — Monday, June 4 • All Other Programs — Wednesday, June 6

**LOWER PAXTON TOWNSHIP PARKS AND RECREATION**

5000 Commons Drive, Harrisburg, PA 17112 • Phone 717-657-5635 • [www.lowerpaxton-pa.gov](http://www.lowerpaxton-pa.gov)



# WELCOME

## To The FRIENDSHIP CENTER

*The Lower Paxton Township Parks and Recreation Department invites you to be active participants in the many recreational and leisure opportunities offered to all age groups contained within this publication.*

### Your Membership Includes –

- Unlimited Use of Facilities
- Pools, Fitness Center, Gymnasium
- Free Babysitting (ages 3 months-8 years)
- Special Rates on Personal Fitness Training/ Massage Therapy
- Free Fitness Center Orientation
- Equipment Check-outs
- Locker/Locker Rooms
- 25% Discount on Programs at the Center
- Convenient Early Morning Hours
- Members Only Advanced Registration

### TABLE OF CONTENTS

Aerobics/Fitness/Dance .....	11-12
Body Pump/Spinning/Zumba .....	10, 11, 13
Aquatics .....	15-17
Arts/Crafts .....	15
Facility Hours .....	2
Friendship Center Specials .....	4
Membership and Pass Information .....	3
FC & Parks and Recreation Special Events .....	5
Personal Training .....	17
Massage Therapy .....	17
Preschool .....	6-7
Program Registration/Procedures .....	19
Rentals .....	18
Senior Area .....	18
Financial Assistance .....	5
Special Highlights .....	4-5
Pets .....	15
Sports and Leisure .....	13-14
Youth/Teen .....	7-10

### HOURS OF OPERATION

**JUNE 1-AUGUST 31**

Monday-Friday ..... 5:30 a.m. to 10 p.m.  
Saturday ..... 8 a.m. to 7 p.m.  
Sunday ..... 12 p.m. to 6 p.m.

(Subject to change based on usage)

\*Pool and Gym schedule available at Service Desk.

### HOLIDAY CLOSINGS

Thanksgiving Day, Christmas Day  
New Year's Day, Easter Sunday

**Special Hours (5:30 a.m.-2:00 p.m.)**

Memorial Day (Monday), July 4, Labor Day  
Christmas Eve, New Year's Eve

### INCLEMENT WEATHER

For closure information due to severe weather, please call the Center for details and re-opening information.

Closures will be announced on radio stations WNNK 104.1, WRVW 97.3, and WITF 89.5 FM. and on television at WHTM 27, WGAL 8, and WHP 21.

### PROGRAM CANCELLATION

If a program other than preschool is cancelled due to severe weather, participants will be contacted by staff. Preschool programs follow Central Dauphin School District's decisions; details provided by teachers. See additional program notes on page 4.

### MEMBERSHIP CARDS

For the protection of your membership, all members MUST present their membership card when entering the facility.

### RENTALS

The Friendship Center is interested in hosting a wide variety of events. Facilities are available for parties, business meetings, community organizations, sporting events, seminars, and more. For more information on what space is available, rental fees, and specific arrangements, contact the Parks and Recreation Department at 657-5635. (See special packages information on page 18)

### CORPORATE MEMBERSHIP

All businesses are invited to encourage employees to join the Friendship Center. As annual members, each employee will receive a reduced rate. A complete policy statement and more information are available by contacting the Parks and Recreation Department at 657-5635.

# MEMBERSHIP AND PASS INFORMATION

## ANNUAL MEMBER

### (Discounts and Payments)

An annual membership entitles the holder use of the locker rooms, gymnasium, walking track, sun deck, natatorium, fitness center, and social hall. An annual membership is valid for one year from the purchase date and is non-transferable. Membership card must be presented whenever entering the facility.

- Lower Paxton Township residents — discounted rate for an annual membership.
- Friendship Center annual members receive discounts on programs.
- Free babysitting for annual members while using the Center.
- Reciprocal discounts available for members of Koons Pool.
- Payment in full by cash, check, Visa or MasterCard.
- Monthly bank draft available.



### 2012 Membership Rates

#### Categories

	Lower Paxton (1/1/12) Township Resident Discount Rate	Regular Rate
Youth/Student (13+ OR Full-Time College Student up to 22 years)	\$16.75/mo. (\$201 yr.)	\$18.25/mo. (\$219 yr.)
Adult Single (18+)	\$38.33/mo. (\$460 yr. )	\$42.33/mo. (\$508 yr.)
Adult Couple/Single Parent Family	\$53.25/mo. (\$639 yr. )	\$58.75/mo. (\$705 yr.)
Family	\$60.17/mo. (\$722 yr. )	\$66.75/mo. (\$801 yr.)
Senior Single (60+)	\$28.83/mo. (\$346 yr. )	\$31.58/mo. (\$379 yr.)
Senior Couple	\$42.66/mo. (\$512 yr. )	\$47.42/mo. (\$569 yr.)

## MEMBERSHIP CATEGORIES

- **Youth/Student** — 13-17 years of age. Full-time college students up to 22 years of age.
- **Adult Single** — Individuals age 18 and over.
- **Adult Couple** — Both adults must be 18 years of age or older and living in the same household.
- **Single Parent Family** — Single parent and all dependent children up to 18 years old or full-time students up to 26 years old in the same household.
- **Family** — Two parents and all dependent children up to 18 years old or full-time students up to 26 years old in the same household.
- **Senior Single** — Individual age 60 or older.
- **Senior Couple** — One adult must be 60 years of age or older and living in the same household.

## PASS INFORMATION

**3, 6, 9 month memberships** — Payments must be received in full and in advance.

**\*GUEST PASS** — \$8 adults/\$5 children. Members may bring a guest(s) to the facility by purchasing a Guest Pass that is valid for one day. Passes are non-transferrable. Photo ID required!

**\*DAILY WALK-IN PASS** — Non-members may purchase a pass to use the Friendship Center. The pass is valid for one day and is non-transferable. Photo ID required!

**\$12 daily before 4 p.m.**

**\$14 daily after 4 p.m., weekends and holidays.**

\*Guest/Daily Passes from Nov. 1-March 31 are limited to 5 visits per person.

# CONNECT

*with the*

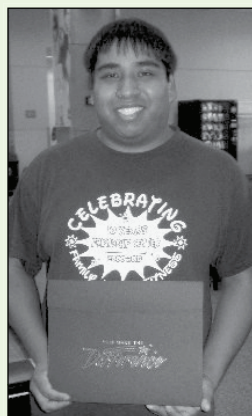
## FRIENDSHIP CENTER

### SIGN UP

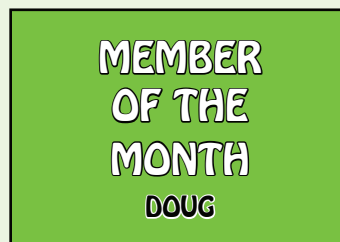
to get Lower Paxton Township Parks  
and Recreation and the  
Friendship Center in your inbox!

**friendshipcntr.com (and subscribe)**

**or follow us on twitter  
username (@friendshipcntr)**



**EMPLOYEE  
OF THE  
MONTH**  
**ALEX**



**MEMBER  
OF THE  
MONTH**  
**DOUG**



Thank You For Your Dedication!

## *Special Program Notes*

- ◆ All classes have a minimum and maximum number of participants. Space is on a first come, first serve basis.
- ◆ The registration deadline for a multi-session program is after the second class of the session.
- ◆ For your convenience, the Parks and Recreation Department has four sessions during the year. The programs run Fall, Winter, Spring, and Summer.
- ◆ All non-member program participants **MUST** present a program participation card (distributed on the first day of class) each time they enter the facility for a class. **Lost program cards are subject to a \$10.00 fee.** Members registered for a program should simply present their membership card to the service desk for entry into facility.
- ◆ Pre-registration for all programs is required and should be done at least one week prior to the activity. Some programs are in high demand and fill quickly. Waiting lists are established after activities become full.
- ◆ Make-up classes or switching of classes are not permitted unless approved by staff.

**(PROGRAM REGISTRATION DATES  
AND PROCEDURES ON PAGE 19)**

## *Friendship Specials!*

### **STUDENT SUMMER MEMBERSHIP SPECIAL**

**Still Only \$99**

**FOR THE SUMMER OF 2012!**

**(Non-residents \$109 in 2012!)**

**Offer good from May 1-August 25.**

**No other discounts may apply. Full time students age 13-22.  
It's four months for less than the cost of three months!**

**JOIN TODAY!**

### **FRIENDSHIP CENTER ANNUAL MEMBERSHIP**

**PURCHASE AN ANNUAL MEMBERSHIP  
FROM 5/20/12-5/27/12 AND RECEIVE  
10% OFF THE MEMBERSHIP!**

**5000 Commons Drive, Harrisburg, PA 17112**

**COUPON IS NOT REDEEMABLE FOR CASH.**

**No Double Discounts — Expires: 5/27/12 (No Exceptions)  
Must present coupon when joining. Not redeemable for renewals.**

### **Friendship Center Membership Referral Program**

**Here's a chance to bring family and  
friends to your home away from home —  
THE FRIENDSHIP CENTER.**

***If you refer a new member, you will receive a \$25 gift  
certificate towards programs or membership after 3 months  
of the new membership. Must present referral slip when  
joining. See Service Desk for additional information.***

**Annual Membership Only. Not Redeemable for Cash.**

**Not applicable to Insurance Memberships.**

### **FRIENDSHIP FRIDAYS**

**FIRST FRIDAY OF EACH MONTH**

***Members of the Center celebrate the first Friday  
of every month with complimentary coffee.***

***Bring a friend for free (18+) and enjoy . . .***

**Friday, June 1 — Oranges**

**Friday, July 6 — 4th of July Surprise**

**Friday, August 3 — End of Summer Treat**

**Friday, September 7 — Back to School**

***All friends must have photo identification.***

**EVERY TUESDAY**

**Everyone welcome to receive FREE body fat testing,  
weigh-ins and blood pressure from 10-12 noon.**



## FRIENDSHIP CENTER & PARKS & REC. SPECIAL EVENTS/HIGHLIGHTS

### Summer Day Camp

Camp is held June 12-August 10 at three locations: Linglestown (5-11 yrs.), Northside (12-14 yrs.) and Paxtonia (5-11 yrs.) Elementary schools. Children must have completed kindergarten and not exceed 8th grade. The camp provides theme-based social and recreational activities for ages 5-14. Weekly fee is \$125 resident and \$130 non-resident. Limited positions. Call 657-5635 for info packet and registration forms. Add a week Aug. 13-17 or 20-24, \$135R/\$140NR/\$115M.

### Summer Playground Program

The Playground Program runs June 11-August 3 from 9 a.m.-12 noon. Preschool programs are open to children 3-5 years at the following locations: Mon. and Wed. — Kohl Park, Tues. and Thurs. — Koons and Brightbill. A \$.50 fee is collected each preschool day. Youth programs for ages 6-12 years meet Mon. through Fri., 9 a.m.-12 noon at Lamplight, Koons and Brightbill Parks. A \$1 craft fee is collected weekly. One time yearly non-refundable registration fee \$20 payable on first day of attendance.

### 3RD ANNUAL CHILDREN'S TALENT SHOW

(Ages 5-16)

**FRIDAY, JULY 13, 2012  
AT 6 P.M.**

**BRIGHTBILL PARK**

(PRIOR TO TGIF CONCERT)

*All interested participants must complete application  
form available at the Friendship Center.*

*— Limited spots available. —*

### ~ IMPORTANT ~ MAILING INFORMATION

We are updating our mailing list for the Lower Paxton Township Parks and Recreation Program Guide. If you are not a Lower Paxton Township Resident, but currently receive the Program Guide, and would like to remain on the mailing list for future Guides, please return this form by July 1, 2012.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

**Please return to:** Lower Paxton Township Parks and Recreation,  
5000 Commons Drive, Harrisburg, PA 17112

### 2012 TGIF Summer Concert Series

The Annual TGIF Summer Concert Series is free, filling Brightbill Park with great music Fridays in July. Concerts are from 7:00-8:30 p.m. The concerts are made possible by local sponsors.

**July 6th** — Lower Paxton Variety Band

**July 13th** — Timeless

**July 20th** — Tropical Soul

**July 27th** — Steven Courtney (Metro Bank)

*Concerts are held inside at the Friendship Center  
in the event of inclement weather.*

## 14<sup>th</sup> ANNUAL Lower Paxton Township NATIONAL NIGHT OUT FOR PUBLIC SAFETY

**Tuesday, August 7, 6:00-9:00 p.m.  
at GEORGE PARK**

*(Please note location!)*

*The annual Lower Paxton Township Childrens Art Festival  
will be held on Tuesday, August 7, from 6-8 pm within  
George Park in cooperation with National Night Out  
for Public Safety activities. There is no charge for this  
event, just come and enjoy creating various arts and crafts  
projects!*

*We proudly participate  
in health insurance programs:*

**SILVER AND FIT AND  
FOREVER FIT AND PRIME.**

*Find out if your insurance covers a membership  
to the Friendship Center.*

- **FINANCIAL ASSISTANCE**
- **GRANT PROGRAM**
- **SCHOLARSHIP FUNDS**

The Friendship Center provides financial assistance grants for programs or membership at the Friendship Center. Interested applicants may obtain an application by calling 657-5635. Donations towards the scholarship funds are greatly appreciated.

## PRESCHOOL ACTIVITIES

### IMPORTANT

#### REGISTRATION INFORMATION!

Preschool registration will begin on Thurs., May 31 for FC members and Fri., June 1 at 8 a.m. for all others. All programs will meet for a six week session at the Friendship Center unless noted otherwise.

Child must have met the minimum age requirement of the class by its start date.

#### Fun For One (Ages 12-24 mos. w/parent)

Have fun with your toddler while playing, doing simple crafts and activities, and meeting new friends.

Wed., 11 a.m.-noon, June 20-Aug. 1

Instructor: Kim V.

Fee: \$38R/\$43NR/\$30M (#14358)

#### Double Play (Ages 2-3 w/parent)

Share songs, stories, fingerplays and simple crafts.

Helps build confidence in interacting with others.

A. Wed., 9:30-10:45 a.m., June 20-Aug. 1

Instructor: Kim V.

Fee: \$45R/\$51NR/\$37M (#14356)

#### Summer Fun Time

This program features participation in crafts, songs, games and play activities. **Prerequisite: Child must be comfortable with separating from parent.**

##### For Ages 2-3 years:

Tues., 9:30-11:30 a.m., June 19-July 24 (#14363)

Thurs., 9:30-11:30 a.m., June 21-July 26 (#14364)

Instructor: Nadzia S.

Fee: \$63R/\$69NR/\$49M

##### For Ages 3-5 years:

Wed., 9:30-11:30 a.m., June 20-Aug. 1 (#14361)

Wed., 1-3 p.m., June 20-Aug. 1 (#14362)

Instructor: Nadzia S.

Fee: \$63R/\$69NR/\$49M (No class 7/4)

#### Busy Hands and Feet (Ages 3-4 years) (5 classes)



A fun class that provides thematic lessons used to teach social, cognitive, physical and creative skill development. **Prerequisite: Must be able to separate from parent.**

Instructor: Chris R.

Dates: Mon., 9:30-11:30 a.m., June 4-July 2

Location: Friendship Center, Room 106

Fee: \$53R/\$59NR/\$39M (#14372)

#### Introduction to Gymnastics w/Hbg. Gymnastics (Ages 18 mos.-3½ yrs.) (5 classes)

Introduction to basic tumbling and gymnastics. Parent's assistance is required. (Register as of 5/15)

Dates: Thurs., 9-9:40 a.m., May 31-June 28

Location: Friendship Center, Gym #2

Fee: \$55R/\$58NR/\$45M (#14297)

#### Gymnastics for Pre-school w/Hbg. Gymnastics (Ages 3½-6 years) (5 classes)

Many activities: vault, beam, and tumbling. Children will improve coordination, strength and flexibility.

Dates: Thurs., 9:45-10:30 a.m., May 31-June 28

Location: Friendship Center, Gym #2

Fee: \$55R/\$58NR/\$45M (#14296) (Register as of 5/15)

#### UK Squirts Soccer Camp (Ages 3 & 4) (5 classes)

This camp is an introductory program for kids to have fun with the ball while introducing them to the game. Bring shin guards and water bottle. Includes UK Camp shirt, ball, and evaluation. Please designate shirt size.

Dates: Mon.-Fri., 9-10 a.m., Aug. 6-10

Location: Brightbill Park

Fee: \$65R/\$70NR (#14430)

#### Science Stories w/Tina (Ages 4-6 years)



Join us for the innovative "Science Stories" that connects science and literacy through specialized programming. Participants will hear science stories and conduct experiments to match. Using books from the National Science Teachers' Association's "Outstanding Science Trade Book List", children will be captivated by the wonders of science.

**Electricity & Magnetism:** Mon.-Fri., 1:30-3:30 p.m., June 11-15 (#14367)

**Ocean Abyss:** Mon.-Fri., 1:30 - 3:30 p.m., July 9-13 (#14368)

**Simple Machines:** Mon.-Fri., 1:30-3:30 p.m., July 23-27 (#14369)

**Kitchen Chemistry:** Mon.-Fri., 1:30-3:30 p.m., Aug. 13-17 (#14370)

Location: Friendship Center, Room 122

Fee: \$95R/\$105NR/\$81M

#### Have Gym Will Travel w/Kathy (Ages 3-5) (8 classes)

Children will receive instruction in tumbling, balance beam, bars, mini-tramp, and other invigorating activities. Fri., 1-2:00 p.m., June 22-Aug. 17 (no class 7/6)

Fee: \$108R/\$116NR/\$86M (#14359)



## PRESCHOOL ACTIVITIES (CONT.)

### Tots Tae Kwon Do (6 classes)

Basics for beginners: work on concentration, motor skills and positive behavior applications along w/fun.

**Tiny (3-4 yr. old):** Mon., 3:30-4:15 p.m., July 9-Aug. 13 (#14310)

**Tiger (4-5 yr. old):** Tues., 10:15-11 a.m., July 10-Aug. 14 (#14309)

**Location:** Hbg. Inst. Tae Kwon Do, 5000 Linglestown Rd.  
**Fee:** \$35R/\$38NR

### Smurfs Soccer w/Ricardo (Ages 3½-6) (4 classes)

(Must be age 3 as of 1/1/12) Instructional clinic with age-appropriate skills, drills and games.

**Dates:** Sun.-Wed., 6:05-6:55 p.m., July 8-11 (#14517)

Tues./Thurs., 6:05-6:55 p.m., July 24-Aug. 2 (#14518)

Sat., 9-10 a.m., Aug. 11-25 (#14516)

**Location:** Kohl Park

**Fee:** \$45R/\$50NR

### Petite Picasso w/Tavia (Ages 4-6) (6 classes)

Young artists unleash their creativity studying famous artists, learn about the elements of design, and explore a wide variety of art media/methods. Experienced art teacher. Come dressed for an art-making mess!

**Dates:** Wed., 10:15-11:15 a.m., July 25-Aug. 15

**Location:** Friendship Center, Room 112

**Fee:** \$43R/\$48NR/\$35M (includes \$15 material fee) (#14455)

### Pee Wee Golf (Ages 4-7) (4 classes)

Taught by age-specific instructors in an enjoyable, non-threatening atmosphere.

**Dates:** Sat., 10:30-11 a.m., June 2-23 (#14123)

Thurs., 11-11:30 a.m., July 5-26 (#14120)

Fri., 9:30-10 a.m., Aug. 3-24 (#14122)

**Location:** Bumble Bee Hollow

**Fee:** \$55R/\$60NR

### Kids Zumba (Ages 4-7) Little Starz (6 classes)

Zumba for kids! Fun and fitness all in one!

**Dates:** Thurs., 6:45-7:15 p.m., July 12-Aug. 16

**Location:** Friendship Center, Room 112

**Fee:** \$36R/\$39NR/\$26M (#14548)

### Arty Animals w/Suze (Ages 4-8) (5 classes)

This week young students will get messy while creating arty animal projects. Children will use a variety of media to explore art techniques like painting, collage, printmaking, and primitive sculpture.

**Dates:** Monday-Friday, June 18-22, 3-4 p.m.

**Location:** Friendship Center, Room 106

**Fee:** \$42R/\$45NR/\$35M (#14519)

## FALL 2012 PRESCHOOL EARLY REGISTRATION

### Morning Fun Time (Ages 2½-3)

Mon./Wed., 9:30-11:30 a.m. (starts 9/5)

**Fee:** \$159R/\$169NR/\$123M (#14018)

### Preschool Pals (Ages 3-4)

A. Tue./Thu., 9:30 a.m.-noon (starts 9/6) (#14016)

B. Tue./Thu., 1:00-3:30 p.m. (starts 9/6) (#14017)

**Fee:** \$181R/\$191NR/\$147M

### Learning Fun Pre-K Class (Ages 4-5)

A. Mon./Wed./Fri., 9:30 a.m.-noon (starts 9/5) (#14015)

B. Tue./Wed./Thu., 1:00-3:30 p.m. (starts 9/6) (#14014)

**Fee:** \$257R/\$267NR/\$207M

## YOUTH AND TEEN ACTIVITIES

### Kids Creation Camp w/Suze (Ages 6-10) (4 classes)

Design creations and get messy with projects, play art games, experience different media. The end of the week, host an art exhibit to celebrate their masterpieces.

**Dates:** Monday-Friday, June 11-15, 3-4 p.m.

**Location:** Friendship Center, Room 106

**Fee:** \$42R/\$45NR/\$35M (#14443)

### Puppet Camp w/Tavia (Ages 6-12) (5 classes)

Learn about puppets from around the world and design/create your own puppets including hand and rod puppets, shadow puppets, and more. Students will also study plot, write scripts, and perform a puppet show.

**Dates:** Mon.-Fri., 9-11 a.m., Aug. 13-17

**Location:** Friendship Center, Room 106

**Fee:** \$81R/\$84NR/\$69M (includes \$20 material fee) (#14446)

### American Girl Doll Class (Ages 5-10)

Bring your American Girl doll or any doll and we will design shirts, make crafts, write stories, and host a tea party. Activity fee \$4 due first day.

**Dates:** Mon.-Thurs., 9-10:30 a.m., June 18-21 (#14555)

Mon.-Thurs., 9-10:30 a.m., June 25-28 (#14556)

Mon.-Thurs., 9-10:30 a.m., July 9-12 (#14557)

Mon.-Thurs., 9-10:30 a.m., July 16-19 (#14558)

### Fun with Lilly and Friends! (Ages 5-10)

Do you love Lilly and her plastic purse? Would you like to make your own purse? How about a fun sleepover with Wendell? (Not real just pretend!) Have fun with Kevin Henkes books and more! Each day read a new book and do a craft or activity!

**Dates:** Mon.-Thurs., 10:30-12 p.m., June 18-21 (#14562)

Mon.-Thurs., 10:30-12 p.m., June 25-28 (#14563)

Mon.-Thurs., 10:30-12 p.m., July 9-12 (#14564)

Mon.-Thurs., 10:30-12 p.m., July 16-19 (#14565)

**Location:** Friendship Center

**Fee:** \$72R/\$75NR/\$60M

## YOUTH/TEEN (CONT.)

### Intro to Tae Kwon Do (Ages 6-12) (6 classes)

Geared to develop basic techniques as well as self-defense, focus, listening skills, leadership, following directions along with fun and discipline.

**Dates:** Tues., 6:15-7 p.m., July 10-Aug. 4

**Location:** Hbg. Inst. Tae Kwon Do, 5000 Linglestown Rd.

**Fee:** \$47R/\$52NR (#14304)

### Pee Wee Tennis (Ages 5-7) (4 classes)

Sat., 9:15-10 a.m., June 9-30 (#14172)

Sat., 9:15-10 a.m., July 7-28 (#14173)

Sat., 9:15-10 a.m., Aug. 4-25 (#14174)

**Location:** Brightbill Park

**Fee:** \$37R/\$40NR

### Summer Pee Wee Tennis Camp (4 classes) (Ages 5-7)

**Dates:** Mon.-Thurs., June 18-21, 9-9:30 a.m. (#14299)

Mon.-Thurs., July 9-12, 9-9:30 a.m. (#14300)

Mon.-Thurs., July 23-26, 9-9:30 a.m. (#14301)

Mon.-Thurs., Aug. 6-9, 9-9:30 a.m. (#14302)

**Location:** Brightbill Park (rain make-ups on Fridays)

**Fee:** \$16R/\$19NR

### Junior Tennis Camp (4 classes) (Ages 8-10)

**Dates:** Mon.-Thurs., June 18-21, 9:30-10:30 a.m. (#14487)

Mon.-Thurs., July 9-12, 9:30-10:30 a.m. (#14488)

Mon.-Thurs., July 23-26, 9:30-10:30 a.m. (#14489)

Mon.-Thurs., Aug. 6-9, 9:30-10:30 a.m. (#14490)

**Location:** Brightbill Park (rain make-ups on Fridays)

**Fee:** \$32R/\$35NR

### Jr. Beginner Tennis w/CPTS (Ages 8-10) (4 classes)

Sat., 10-11 a.m., June 9-30 (#14179)

Sat., 10-11 a.m., July 7-28 (#14180)

Sat., 10-11 a.m., Aug. 4-25 (#14181)

**Fee:** \$32R/\$35NR

### Junior Tennis Camp (4 classes) (Ages 10-14)

**Dates:** Mon.-Thurs., June 18-21, 10:30-11:30 a.m. (#14491)

Mon.-Thurs., July 9-July 12, 10:30-11:30 a.m. (#14492)

Mon.-Thurs., July 23-July 26, 10:30-11:30 a.m. (#14493)

Mon.-Thurs., Aug. 6-9, 10:30-11:30 a.m. (#14494)

**Location:** Brightbill Park (rain make-ups on Fridays)

**Fee:** \$32R/\$35NR

### Strikers Soccer w/Ricardo (Ages 7-10) (4 classes)

Instructional program for beginner to intermediate players (including next-level Smurfs). Multiple aspects of game.

**Dates:** Tues./Thurs, 5:15-6 p.m., July 24-Aug. 2

**Location:** Kohl Park

**Fee:** \$45R/\$50NR (#14523)

### Biddy Basketball (Ages 5-7) (8 classes) (register as of 5/31)

An instructional program with mini-games each week.

**Dates:** Tues., 6 p.m., June 5-July 24 (#14197)

-OR- Tues., 7 p.m., June 5-July 24 (#14198)

**Location:** Friendship Center, Gym #3

**Fee:** \$55R/\$58NR/\$48M (Includes shirt)

### Junior Golf (Ages 8-17) (4 classes)

Progressive and fun series that covers all aspects of the game from putting to full swing.

**Dates:** Thurs., 4-5 p.m., July 5-26 (#14115)

Sun., 1-2 p.m., July 8-29 (#14119)

Sat., 12-1 p.m., Aug. 4-25 (#14118)

Sun., 12-1 p.m., Sept. 9-30 (#14117)

**Location:** Bumble Bee Hollow

**Fee:** \$55R/\$60NR

### Advanced Beginner Tennis w/CPTS (Ages 9-15) (4 classes)

Sat., 11-12 p.m., June 9-30 (#14186)

Sat., 11-12 p.m., July 7-28 (#14187)

Sat., 11-12 p.m., Aug. 4-25 (#14188)

**Location:** Brightbill Park

**Fee:** \$37R/\$40NR

### Cardio Tennis w/Ricardo (Ages 7-11)

Move to the ball in a high energy circuit. Covers sport basics and includes challenge games. Bring racquet.

**Dates:** Sun.-Wed., 5:15-6 p.m., July 8-11

**Location:** Kohl Park

**Fee:** \$45R/\$50NR (#14522)

### Football Frenzy w/Ricardo (Ages 7-10) (4 classes)



Learn football basics and have fun. Two-hand touch recreational play.

**Dates:** Tues./Thurs, 7-7:50 p.m., July 24-Aug. 2 (#14531)

Sun.-Wed., 7-7:50 p.m., July 8-11 (#14530)

Sat., 10:05-11:10 a.m., Aug. 11-25 (#14532) (3 classes)

**Location:** Kohl Park

**Fee:** \$35R/\$40NR

### UK Nipper Soccer Camp (Ages 5 & 6) (5 classes)

Non-competitive program. Have fun while learning and enhancing skills. Introduce and develop basic techniques. Bring shin guards/water bottle. Includes UK Camp shirt and ball. Specify shirt size on registration.

**Dates:** Mon.-Fri., 10 a.m.-12 p.m., August 6-10

**Location:** Brightbill Park

**Fee:** \$90R/\$95NR (#14431)



## YOUTH/TEEN (CONT.)

### Weaving Wonder w/Tavia (Ages 8+) (4 classes)

Textile arts are both fun and relaxing! Learn different weaving techniques to create a bookmark, bracelet, paper basket, and rug. You will need to collect your own old clothes (colorful T-shirts are great) to recycle for the rug. Other materials will be provided.

**Dates:** Thurs., 10:30-11:45 a.m., July 26-Aug. 16

**Location:** Friendship Center, Room 112

**Fee:** \$51R/\$54NR/\$43M (includes \$15 material fee) (#14447)

### Beginning Drawing w/Tavia (Ages 12+) (4 classes) (see page 15)

### Lego Challenger w/David P. (Ages 7-12) (4 classes)

Are you a Lego Master? Do you like to build? Work to meet challenges such as: The Unbreakable Lego-Mobile, Float your Lego Boat, Tower of Terror and more.

**Dates:** Mon.-Thurs., 9 a.m.-10:30 a.m., June 11-14

**Location:** Friendship Center, Room 109

**Fee:** \$40R/\$43NR/\$30M (#14441)

### Lego Battle Tanks w/David P. (Ages 7-12) (4 classes)

Design your own tank. Use combinations to give it powers and shields. Use your tank for a game. Who will win this challenge of structure, strategy, and statistics?

**Dates:** Mon.-Thurs., 10:30 a.m.-12 p.m., June 11-14

**Location:** Friendship Center, Room 109

**Fee:** \$40R/\$43NR/\$30M (#14442)

### Rocket Science Camp w/Tina (Ages 8-11) (5 classes)

Learn about the science of rocketry and build your own rocket. Launch off at class the last evening.

**Dates:** Mon.-Fri., 6-8 p.m., Aug. 6-10

**Location:** Brightbill Pavilion

**Fee:** \$95R/\$105NR (#14371)

### Fun Activity Camps w/Kim and Megan (Ages 7-12)

**A. Fun With Colors:** Coffee filter painting, stained glass, finger painting with toes, exploring colorful foods and tie-dye. Very colorful week. Bring something to tie-dye on Thurs. \$4 supply fee due first day.

**Dates:** Mon.-Thurs., 9 a.m.-10:30 a.m., June 18-21 (#14537)

**B. A Messy Creation:** Paper Mache to make and erupt a volcano. Also decoupage to make unique creations. Wear old clothes. \$4 fee due first day.

**Dates:** Mon.-Thurs., 10:30-12 p.m., June 18-21 (#14538)

**C. Spectacular Sand:** Spend the week playing in the sand! Make art projects and join in on the sand castle contest. \$4 supply fee due first day of class.

**Dates:** Mon.-Thurs., 9-10:30 a.m., June 25-28 (#14535)

**D. Outstanding Origami:** Make creations out of a single piece of paper. \$2 fee due first day.

**Dates:** Mon.-Thurs., 10:30-12 p.m., June 25-28 (#14536)

**Location:** Friendship Center, Room 112

**Fee:** \$72R/\$75NR/\$60M

### Advanced Junior Tennis w/CPTS (3 classes)

Raise their level of play with fast paced drills, situation/match play.

**Dates:** Mon., 6-7:30 p.m., May 7-21 (#14191)

Mon., 6-7:30 p.m., June 4-18 (#14192)

**Location:** Brightbill Park

**Fee:** \$36R/\$39NR

### UK Youth Soccer Camp (Ages 7-14) (5 classes)

Have fun while learning the fundamental techniques to play the game. Individual skill development with a curriculum specific to age and ability. Bring shin guards and water bottle. Includes UK Camp shirt and ball.

Please designate shirt size upon registration.

**Dates:** Mon.-Fri., 9 a.m.-1 p.m., August 6-10

**Location:** Brightbill Park

**Fee:** \$130R/\$135NR (#14429)

### Pitching Clinic w/William Felo (4 classes)

Proper mechanics of pitching and learn the important drills to practice to improve pitching with Kutztown University pitcher.

**Ages 7-11:** Mon., 6-7 p.m., June 4-25 (#14495)

**Ages 12-18:** Mon., 7-8 p.m., June 4-25 (#14496)

**Location:** Friendship Center, Back Field

**Fee:** \$30R/\$33NR/\$25M

### Volleyball w/Ashley (Ages 9-13)

Designed to teach basic skills of volleyball to both beginners and those playing in middle school or club programs. Focused on passing, setting, serving, hitting and game positioning and will maintain a level of 'fun' for the campers through drills/games.

**Dates:** Mon.-Fri., June 18-22, 8-10 a.m.

**Location:** Friendship Center, Gym #1

**Fee:** \$36R/\$39NR/\$30M (#14457)

### Youth Dodgeball Derby w/Ricardo (Ages 8-11)

Get a workout ducking, diving and dodging!

**Date:** Tues./Thurs, 7:55-8:45 p.m., July 24-Aug. 2 (#14521)

Sun.-Wed., 7:55-8:45 p.m., July 8-11 (#14520)

**Location:** Kohl Park

**Fee:** \$35R/\$40NR

HIGHMARK.

### Fitness and Nutrition Program (Ages 8-16)

This program is designed to educate families-provide exercise options, instill proper food choices and develop a healthy lifestyle foundation for children-it will change the way kids exercise and eat. Features 20 classes including personal trainer and nutritionist! Made possible through a grant from Highmark.

**Dates:** Tues./Thurs., 5-6 p.m., June 19-August 23

**Location:** Friendship Center **Fees:** \$50 per child (#14526)

## YOUTH/TEEN (CONT.)

### American Red Cross Babysitting Certification (Ages 11 and up)

Must attend all classes and pass test. Certified sitters' names may be kept on file for future sitter references. Good for kids home alone!

**A.** Mon., Tues., Thurs., Fri., 9 a.m.-12, July 16, 17, 19, 20 (test) w/ Linda B. (#14365)

**B.** Mon., Tues., Thurs., Fri., 6-9 p.m., July 23, 24, 26, 27 (test) w/ Sandi B. (#14366)

**Location:** Friendship Center

**Fee:** \$57R/\$63NR/\$50M

### Around the World w/Lisa M. (4 classes) (Ages 8-11)

Get ready to tour the globe this summer. Each day, we will explore a different country's culture, language and customs. Participants will make a craft, learn a game and enjoy food associated with each country.

**Dates:** Mon.-Thurs., 1-3 p.m., June 11-14 (#14444)

**Location:** Friendship Center, Conference Room

**Fee:** \$150R/\$155NR/\$125M (register as of 5/15)

### Beginning Soap Making for Parents & Kids w/Soap-O-Therapy (Ages 6+)

Learn how to make, melt-and-pour glycerin soap. Topics include safety, equipment, soap additives and colorants, and packaging. Access to materials and supplies, and take home one pound (approx. 4 bars) of soap.

**Date:** Saturday, June 9, 9-11 a.m.

**Location:** Friendship Center, Room 109

**Fee:** \$40R/\$43NR/\$32M per couple (#14343)

### Orienteering For Kids w/Tina (Ages 8-11) (5 classes)

Participants will learn to use a compass to find their way around and hunt for hidden treasures! Classes will be held rain or shine, so have your child dress appropriately.

**Dates:** Sat., 10-12:30 p.m. July 14-Aug. 11

**Location:** Brightbill Park

**Fee:** \$75R/\$80NR (#14554)

### All In One Basketball Training w/Findaballer (Ages 5-14) (8 classes)

Work on shooting, passing, dribbling and the complete game techniques.

**Dates:** Mon., 6-7 p.m., July 9-Sept. 10 (#14327)

Sun., 4:30-5:30 p.m., July 15-Sept. 9 (#14328)

Sat., 11:30-12:30 p.m., July 14-Sept. 8 (#14329)

**Location:** Friendship Center, Gym #3

**Fee:** \$67R/\$70NR/\$56M

### Kids Zumba w/Lynn (Ages 8-12) Big Starz (6 classes)

**Dates:** Mon., 5:30-6:15 p.m., July 9-Aug. 13 (#14511)

**Location:** Friendship Center, East Annex

**Fee:** \$36R/\$39NR/\$26M

## LES MILLS BODY PUMP/CXWORX™

### Summer Kick Off! BP82 and CXWORX™:

**Date:** Sunday, June 24, 2012, 1-2:30 p.m.

**Body Pump:** 1-2 p.m./CRWORX: 2-2:30 p.m. (#14454)

**Location:** Friendship Center, Room 118

Free! Free! Free! Must Pre-Register-limited spots.

### Body Pump™ (Ages 18+)

Exciting! The 50-60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, instructors and your choice of weight.

**Dates: (1 day per week) (10 classes-50-60 min.)**

\*Mon., 7:15-8:15 p.m., July 9-Sept. 24 (#14434) (MJ)

\*Tues., 4:30-5:30 p.m., July 10-Sept. 18 (#14440) (J)

Thurs., 4:30-5:30 p.m., July 12-Sept. 20 (#14439) (J)

\*Thurs., 7:30-8:30 p.m., July 12-Sept. 20 (#14436) (C)

Fri., 10-11 a.m., July 13-Sept. 21 (#14560) (J)

Fri., 5:40-6:30 a.m., July 13-Sept. 21 (#14435) (MJ)

Sat., 9:15-10:15 a.m., July 14-Sept. 22 (#14433) (MJ)

**Dates: (2 days per week) (20 classes-50-60 min.)**

Mon./Wed., 9:30-10:30 a.m., July 9-Sept. 24 (#14437) (MJ)

Mon./Wed., 5:40-6:30 a.m., July 9-Sept. 24 (#14438) (MJ) (J)

**Location:** Friendship Center, Room 118 (\*East Annex)

**Fee:** (1 day) \$47R/\$50NR/\$35M

(2 day) \$94R/\$97NR/\$70M

**Instructor Code:** (MJ) Mary Jo, (J) Jodie, (C) Carly

### CXWORX™ w/Mary Jo (Ages 18+) (10 classes)

A 30-minute format combines personal training with energy of group fitness. Choreographed routines w/ great music! Works on the torso and sling muscles that connect your upper body to your lower body. Ideal for tightening your tummy and butt, and also improves functional strength and assisting in injury prevention.

**Dates:** Mon., 5:30-6 p.m., July 9-Sept. 24 (#14332)

Tues., 9:30-10 a.m., July 10-Sept. 18 (#14333)

Wed., 5:30-6 p.m., July 11-Sept. 19 (#14334)

Fri., 6:35-7:05 a.m., July 13-Sept. 21 (#14335)

Sat., 10:30-11 a.m., July 14-Sept. 22 (#14336)

**Fee:** \$47R/\$50NR/\$35M

**Location:** Friendship Center, Room 118

### Teen "Camp Max" Weight Loss Program w/Bentz

A one week intensive camp designed to teach youth and teens health, nutrition and fitness.

**Session I:** Mon-Fri., 9 a.m.-3 p.m. July 23-27 (#14546)

**Session II:** Mon.-Fri., 9 a.m.-3 p.m., Aug. 13-17

(#14547)

**Location:** Max Fitness, LLC, 3401 N. 6th St., Hbg.

**Fee:** \$95R/\$105NR



## ZUMBA/SILVER AND FIT

### Zumba™ (Ages 16+) (10 classes)

A fusion of Latin and International music that creates a dynamic, exciting, and effective fitness system. FUN!

**Dates:** Mon., July 9-Sept. 24, 10:30-11:15 a.m. (#14502) (J)

Wed., July 11-Sept. 19, 10:30-11:30 a.m. (#14506) (A)

\*Wed., July 11-Sept. 19, 4:30-5:30 p.m. (#14505) (B)

\*Wed., July 11-Sept. 19, 7-8 p.m. (#14509) (Sa)

Thurs., July 12-Sept. 20, 9-10 a.m. (#14507) (J)

\*Thurs., July 12-Sept. 20, 5:30-6:30 p.m. (#14501) (L)

\*Thurs., July 12-Sept. 20, 6:30-7:30 p.m. (#14507) (Le)

Fri., July 13-Sept. 21, 9-10 a.m. (#14503) (J)

Sat., July 14-Sept. 22, 8:15-9:15 a.m. (#14508) (L)

**Location:** Friendship Center, Room 118/\*East Annex

**Fee:** \$48R/\$51NR/\$34M

**Instructor Code:** (A) Alicia, (L) Lynn, (Sa) Sarah, (Le) Leon, (B) Beth, (J) Julie

### Zumba Gold w/Val (Ages 18+) (10 classes)

For active adults — A fusion of Latin and International music that creates a dynamic, exciting and effective fitness system!

**Dates:** Fri., 8-8:45 a.m., July 13-Sept. 21

**Location:** Friendship Center, Room 118

**Fee:** \$48R/\$51NR/\$34M (#14339)

### Beginner Yoga w/Shani-new instructor (8 classes)

Designed for anyone who wants to begin yoga practice, specifically for those who have NEVER taken a yoga class. We move slowly. Start by exploring basic yoga postures such as sitting, standing and even lying down! We progressively cover fundamental poses essential to yoga. An emphasis is placed on relaxation, breathing and the keys of alignment. Shani is known for her mastery in sequencing expressive, creative and fun yoga classes and her skill in encouragement.

**Dates:** Tues., 10:15-11:15 a.m., July 10-Sept. 4 (#14498)

\*Tues., 6:45-7:45 p.m., July 10-Sept. 4 (#14499)

**Location:** Friendship Center, Room 118 /\*Room 106

**Fee:** \$50R/\$53NR/\$42M

### Yoga I w/Shani-new instructor (8 classes)

Relax, unwind, relinquish...let go of tension with a Flow Yoga class. This energizing class will take you on a journey allowing you to warm-up, breathe deeply and then cultivating stillness of mind/peace.

**Dates:** Tues., 5:30-6:30 p.m., July 10-Sept. 4

**Location:** Friendship Center, Room 106

**Fee:** \$50R/\$53NR/\$42M (#14510)

**THE FRIENDSHIP CENTER  
WILL BE CLOSED FOR MAINTENANCE  
August 26-September 1**

## AEROBICS/FITNESS/DANCE

### Combo w/Keli & Sunny (20 classes)

A mixture of aerobics and/or step with toning, sculpting and/or weight training.

**Dates:** Mon./Wed., 6:05-7:05 p.m., July 9-Sept. 24

**Location:** Friendship Center, Room 118

**Fee:** \$74R/\$77NR/\$53M (#14303)

### Abs, Back & Legs w/Keli (10 classes)

An intense workout, focused on strengthening the abs, back, and legs.

**Dates:** Mon., 7:05-8:05 p.m., July 9-Sept. 24

**Location:** Friendship Center, Room 118

**Fee:** \$48R/\$51NR/\$34M (#14341)

### Fitness Boot Camp w/Karen & Lori (12 classes)

All levels. See changes in strength, body fat/weight loss.

**Dates:** Mon./Wed., 7-7:45 p.m., July 16-Aug. 22 (#14319)

-OR- Mon./Wed., 7-7:45 p.m., Sept. 10-Oct. 17 (#14320)

**Location:** Friendship Center, Gym #1

**Fee:** \$87R/\$90NR/\$72M

### Back to the Basics w/Lori (12 classes)

Simple and effective workout for those starting or re-turning to regular workout program. Weights, cardio and basic nutrition tips blended for individual results.

**Session I:** Mon./Wed., 6:15-7 p.m., July 16-Aug. 22 (#14319)

**Session II:** Mon./Wed., 6:15-7 p.m., Sept. 10-Oct. 17 (#14314)

**Location:** Friendship Center, East Annex

**Fee:** \$65R/\$68NR/\$55M

### 20/20/20 w/Janeal (20 classes)

20 minute segments of step, aerobics/weights and abs.

**Dates:** Tues./Thurs., 6-7 p.m., July 10-Sept. 20

**Location:** Friendship Center, Room 118

**Fee:** \$74R/\$77NR/\$53M (#14349)

### Fit Mix w/Janeal (20 classes)

A challenging combo of cardio/strength/agility training.

**Dates:** Tues./Thurs., 7-7:45 p.m., July 10-Sept. 20

**Location:** Friendship Center, Room 118

**Fee:** \$68R/\$71NR/\$50M (#14316)

### Yogalates/Sculpt w/Terri (10 classes)

Fun class with 25 minutes of sculpting using resistance equipment and transitions into 35 minutes of yoga/pilates blend. Excellent toning and core strengthening blend. Bring sneakers.

**Dates:** Tues., 4:45-5:45 p.m., July 10-Sept. 18

**Location:** Friendship Center, Room 118

**Fee:** \$60R/\$65NR/\$45M (#14326)

## AEROBICS/FITNESS/DANCE (CONT.)

### Strength and Cardio w/Mary Jo (10 classes)

1/2 Body Pump and 1/2 Tabata and HIIT to improve cardio. Take your cardio to the next level with short intervals of high intensity.

**Dates:** Wed., 7:15-8:15 p.m., July 11-Sept. 19

**Location:** Friendship Center, Room 118

**Fee:** \$45R/\$48NR/\$34M (#14456)

### Yogalates w/Terri (10 classes)

Yoga mixed with pilates. Great mixture. Check with doctor if degenerative/orthopedic problems.

**Dates:** Fri., 1-1:45 p.m., July 13-Sept. 21 (#14322)

**Location:** Friendship Center, Room 118

**Fee:** \$60R/\$63NR/\$45M

### TRX/Cross Fitness w/Karen (6 classes)

Sports performance training meets boot camp meets crossfit meets professional training efficiency. A challenge and fun while getting stronger, leaner and more cardio fit. No machines just good old fashioned fitness. Taught by certified trainer in TRX, RKC, Kettlebells, Spin and Crossfit. Care will be taken with participants in fitness, nutrition and chronic/acute injuries.

**Dates:**

**Session I:** Tues., 6:45-7:30 p.m., July 10-Aug. 14 (#14475)

**Session II:** Tues., 6:45-7:30 p.m., Aug. 21-Oct. 2 (#14476)

**Session I:** Wed., 9:30-10:15 a.m., July 18-Aug. 22 (#14471)

**Session II:** Wed., 9:30-10:15 a.m., Sept. 5-Oct. 10 (#14472)

**Session I:** Thurs., 6:45-7:30 p.m., July 12-Aug. 16 (#14477)

**Session II:** Thurs., 6:45-7:30 p.m., Aug. 23-Oct. 4 (#14478)

**Session I:** Sat., 9:30-10:15 a.m., July 14-Aug. 18 (#14473)

**Session II:** Sat., 9:30-10:15 a.m., Aug. 25-Oct. 6 (#14474)

**Location:** Friendship Center, Gym #1

**Fee:** \$54R/\$57NR/\$40M

### TRX Flexibility and Athletic Recovery w/Karen (10 classes)

Our bodies take a beating from us everyday. Stretch and recovery are important part of healing. Learn to use TRX to help lengthen/elongate muscles in the back, hips and hamstrings. Good for low back/knee problems.

**Dates:** Mon., 9-9:30 a.m., July 9-Sept. 24

**Location:** Friendship Center, Track

**Fee:** \$48R/\$51NR/\$40M (#14497)

### TRX Team Training w/Karen (6 classes)

Enjoy a unique and challenging boot camp style training that includes the use of multiple training methods. Benefit from group workouts and motivation. Certified trainer and TRX coach. May be outside at times.

**Session I:** Tues., 5:45-6:30 p.m., July 10-Aug. 14 (#14479)

**Session II:** Tues., 5:45-6:30 p.m., Aug. 21-Oct. 2 (#14480)

**Session I:** Wed., 8:30-9:30 a.m., July 11-Aug. 15 (#14483)

**Session II:** Wed., 8:30-9:30 a.m., Aug. 22-Oct. 3 (#14484)

**Session I:** Thurs., 5:45-6:30 p.m., July 12-Aug. 16 (#14481)

**Session II:** Thurs., 5:45-6:30 p.m., Aug. 23-Oct. 4 (#14482)

**Session I:** Fri., 8:30-9:30 a.m., July 13-Aug. 17 (#14485)

**Session II:** Fri., 8:30-9:30 a.m., Aug. 24-Oct. 5 (#14486)

**Location:** Friendship Center, Gym #1

**Fee:** \$65R/\$68NR/\$55M

### Kettlebells w/Karen (12 classes) (16+)

A dynamic full body conditioning workout that can burn calories like no other strength tool!

**Session I:** Mon./Wed., 6-6:45 p.m., July 16-Aug. 22 (#14448)

**Session II:** Mon./Wed., 6-6:45 p.m., Sept. 10-Oct. 17 (#14452)

**Location:** Friendship Center, Room 112

**Fee:** \$75R/\$78NR/\$55M

### TRX Kettlebell: Circuit Conditioning

With its unique blend of suspension training exercises and kettlebell conditioning intervals, this class will improve your strength, mobility, balance as well as burn fat and increase energy. Taught by trainer/ TRX Coach.

**Session I:** Tues./Thurs., 9:15-10 a.m., July 10-Aug. 16 (#14467)

**Session II:** Tues./Thurs., 9:15-10 a.m., Aug. 21-Oct. 4 (#14468)

**Session I:** Sat., 8:45-9:30 a.m., July 14-Aug. 18 (#14469)

**Session II:** Sat., 8:45-9:30 a.m., Aug. 25-Oct. 6 (#14470)

**Location:** Friendship Center, Track

**Fee:** \$75R/\$78NR/\$55M (2 day)

**Fee:** \$40R/\$43NR/\$35M (1 day)

### TRX Suspension Training w/Jamie

Suspension training is a unique training tool that uses our own body weight and gravity as resistance. This interactive exercise tool will help you build lean muscle, boost metabolism, tighten your core and increase endurance. Benefits all fitness levels. (Gym #1)

**Session I:** Mon./Wed., 5:45-6:30 a.m., July 9-Aug. 15 (#14539)

**Session II:** Mon./Wed., 5:45-6:30 a.m., Aug. 20-Oct. 8 (#14541)

**Session I:** Mon./Wed., 5:45-6:30 p.m., July 9-Aug. 15 (#14540)

**Session II:** Mon./Wed., 5:45-6:30 p.m., Aug. 20-Oct. 8 (#14542)

**Session I:** Fri., 5:45-6:30 a.m., July 13-Aug. 17 (#14543)

**Session II:** Fri., 5:45-6:30 a.m., Aug. 24-Oct. 5 (#14544)

**Fee:** \$75R/\$78NR/\$55M (2 day)

**Fee:** \$40R/\$43NR/\$35M (1 day)

**NATIONAL EMERGENCY  
MEDICAL SERVICES WEEK**  
**May 20-26, 2012**  
**Thank You!**  
**South Central EMS, Inc.**



## SPIN

### Spinning™ (Ages 16+)

Spinning is an awesome workout — limited space!

**Dates:** (1 day per week) (10 classes-45 mins.)

Mon., 10:30-11:30 a.m., July 9-Sept. 24 (#14460)

Tues., 6-7 p.m., July 10-Sept. 18 (RM) (#14463)

Tues., 7:30-8:15 p.m., July 10-Sept. 18 (D) (#14462)

Thurs., 6-7 p.m., July 12-Sept. 20 (RM) (#14461)

Thurs., 7:15-8 p.m., July 12-Sept. 20 (D) (#14459)

Sat., 8:15-9 a.m., July 14-Sept. 22 (MJ) (#14464)

**Fee:** 1/week (45 mins.) \$46R/\$49NR/\$34M

**Dates:** (2 days per week) (20 classes-45 mins.)

Mon./Wed., 6:15-7 p.m., July 9-Sept. 24 (MJ) (#14559)

Tues./Thurs., 5:45-6:30 a.m., July 10-Sept. 20 (MJ) (#14561)

**Location:** Friendship Center, Room 115

**Fee:** 2/week (45 mins.) \$78R/\$81NR/\$68M

**Instructor Code:** (MJ) Mary Jo, (D) Deb, (RM) Roxanne, (M) Michelle

### Spinning w/Karen (Ages 16+) (20 classes)

Build up strength and endurance in this activity that can burn over 600 calories per hour.

**Dates:** Mon./Fri., 9:30-10:30 a.m., July 9-Sept. 24

**Location:** Friendship Center, Room 115

**Fee:** \$95R/\$98NR/\$75M (#14458)

### Senior Spin w/Russ (Ages 60+ or active adults) (20 classes)

Designed especially for seniors and/or active adult population using senior spin program.

**Dates:** Mon./Wed., 8:45-9:30 a.m., July 9-Sept. 24

**Location:** Friendship Center, Room 115

**Fee:** \$69R/\$72NR/\$51M (#14338)

### Wellness Coach Training w/Staff

Consider the option of continued training to keep you on track to obtaining those goals in the most effective manner. We will work with you to develop a health and fitness program with your personal goals in mind.

**Dates:** By appointment

**Location:** Friendship Center

**Fee:** \$42M/\$47NM (per hour)

\$29M/\$34NM (per ½ hour) (#14311)

### Fitness Assessment w/Wellness Coach

Help set your goals by having an assessment done — included are heart rate, body fat %, step, flex, push-up and 1/2 sit up tests.

**Dates:** TBA

**Location:** Friendship Center

**Fee:** \$16R/\$19NR/\$12M (#14312)

## ADULT SPORTS/LEISURE

### Pick-Up Volleyball (Ages 18+) (10 weeks)

Informal play. No organized teams permitted. Must pre-register! Limited space. Coed.

**Dates:** Wed., 7-9 p.m., July 11-Sept. 19 (#14355)

Sat., 10 a.m.-12 p.m., July 14 -Sept. 22 (#14354)

**Location:** Friendship Center, Gym #2/#3

**Fee:** \$65R/\$70NR/Free to members!

### Adult Men's Open-Rec Basketball (18+) (10 weeks)

Pick-up program for fun/exercise. Call own fouls. Must pre-register! Space is limited.

**Dates:** Tues., 8-9:30 p.m., July 10-Sept. 18 (#14352)

Thurs., 7-9 p.m., July 12-Sept. 20 (#14351)

-OR- Sat., 8:30-10 a.m., July 14-Sept. 22 (#14350)

**Location:** Friendship Center, Gym #2/#3

**Fee:** \$65R/\$70NR/Free to Members!

### Adult Golf w/Bumble Bee (4 classes)

**Beginner:** New golfer instruction on grip, stance, alignment, full swing, putting and chipping. Information on equipment and terminology. Clubs provided.

**Dates:** Tues., 7-8 p.m., June 12-July 3 (#14103)

Mon., 7-8 p.m., July 9-30 (#14108)

Sun., 1-2 p.m., Aug. 12-Sept. 9 (#14105)

**Advanced Beginner:** Build upon skills from beginners including the use of irons and woods, techniques to hit the ball longer and straighter, and short game.

**Dates:** Mon., 6-7 p.m., June 4-25 (#14111)

Tues., 6-7 p.m., July 17-Aug. 7 (#14112)

**Location:** Bumble Bee Hollow

**Fee:** \$65R/\$70NR

### Total Body Workout or \*Yoga For Older Adults/Silver and Fit

Silver and Fit is a total-body senior workout program for active individuals. This class combines aerobic, flexibility, and strength training in a positive, energizing environment. We include exercises that are designed to increase flexibility, joint stability, balance, coordination, agility, muscular strength, and cardiovascular endurance. Get ready for a head-to-toe workout!

**Dates:** Mon., 3:30-4:30 p.m., July 9-Sept. 24 (#14549)

\*Tues., 12:30-1:30 p.m., July 10-Sept. 18 (#14550) Yoga

Wed., 3:30-4:30 p.m., July 11-Sept. 19 (#14552)

Thurs., 12:30-1:30 p.m., July 12-Sept. 20 (#14551)

Fri., 11 a.m.-12 p.m., July 13-Sept. 21 (#14553)

**Location:** Friendship Center, Room 118

**Fee:** Silver and Fit Members Free

**Fee:** \$46R/\$49NR/\$34M (10 classes)

## ADULT SPORTS/LEISURE (CONT.)

### Adult & Advanced Jr. Tennis w/CPTS (3 classes)

Raise their level of play with fast paced drills, situation/match play.

**Dates:** Mon., 6-7:30 p.m., June 4-18 (#14192)

Mon., 6-7:30 p.m., July 9-23 (#14193)

Mon., 6-7:30 p.m., Aug. 6-20 (#14194)

**Location:** Brightbill Park

**Fee:** \$36R/\$39NR

### Why Can't I Lose Weight? w/Dr. Ida Page

Got Belly Fat? This PLAN takes into account hormone imbalances, yeast issues, liver and digestive weaknesses; it gets to the heart of the problem. Simple eating plan, light exercise recommended. No or low hunger or cravings, higher energy and clearer thinking. Identifies food intolerances and trigger foods.

**Date:** Thursday, June 14, 7-8 p.m.

**Location:** Friendship Center, Room 106

**Fee:** Free to members!/\$5 non-member (#14533)

### Hapkido w/Master Fox (Ages 16+) (6 classes)

Self-defense, breakaway escape techniques, submission and joint lock techniques.

**Dates:** Thurs., 7:30-8:30 p.m., July 12-Aug. 16

**Location:** Hbg. Inst. Tae Kwon Do, 5000 Linglestown Rd.

**Fee:** \$35R/\$40NR (#14426)

### Women's Self Defense (Ages 13+) (5 classes)

Geared to develop defensive techniques.

**Dates:** Tues., 7-8 p.m., July 10-Aug. 7

**Location:** Friendship Center, Room 112

**Fee:** \$47R/\$52NR/\$35M (#14427)

### The Exclusive "Max Makeover" w/Bentz

16 week program which includes fitness/nutrition coaching, body fat testing, fitness assessment, exercise prescription, free nutrition plan, customized exercise DVD, nutrition book and training log.

**Date:** By appointment

**Location:** Friendship Center

**Fee:** Friendship Center Training Fees



### Tai Chi Simplified w/J. Jackson (11+/no age limit!) (10 classes)

Tai Chi 27 short form movements based on the Yang Style. Soft high movements are done slowly with emphasis on posture, balance and natural breathing in harmony w/body movements.

**Dates:** Thurs., 10-11 a.m., July 12-Sept. 20

**Location:** Friendship Center, Room 118

**Fee:** \$70R/\$73NR/\$50M (#14344)

### Tai Chi Style Essential w/J. Jackson (11+/no age limit!) (10 classes)

Grand Master Chen Zhenglei's Essential 18 movements of Chen Style Tai Chi. Low movements done with a balance of fast/slow, hard/soft spiraling movements.

**Dates:** Thurs., 7:30-8:30 p.m., July 12-Sept. 20

**Location:** Friendship Center, Room 112

**Fee:** \$70R/\$73NR/\$50M (#14347)

### "How to Coupon Shop" (4 classes)

Learn how to successfully use coupons, sales, loyalty programs, and rebates to save money and reduce your monthly food/non-food bill by as much as 25% or more! Learn strategies for your daily or emergency needs. Discover how to use the Internet to further your couponing success.

**Dates:** Thurs., 6:30-8 p.m., July 12-August 2

**Location:** Friendship Center, Conf. Room

**Fee:** \$18R/\$20NR/\$15M (#14524)

### AARP Driver Safety Program (Ages 55+)

Full course.

**Dates:** Wed. & Fri., June 6 and 8, 12-4 p.m.

**Location:** Friendship Center, Room 112

**Fee:** \$12 AARP Member/\$14 Non-member AARP

**Make checks payable:** AARP

Must stop by the Friendship Center to register.

**Registration deadline:** June 1

### Disney Seminar w/Sherry Hess

Discover topics of resorts, dining plan, photo pass, children's activities, tours, Magical Express, transportation of the "world", park passes/hopper & Disney Cruise. Seats limited. College of Disney Knowledge grad.

**Date:** Tuesday, July 17, 7-9 p.m.

**Location:** Friendship Center, Room 106

**Fee:** Free to Members/\$3NM (#14340)

### Fit Box w/Bentz (8 classes)

Combo of total body strength training with a blend of martial arts type moves.

**Dates:** Mon., 6:30-7:30 p.m., July 9-Aug. 27

**Location:** Max Fitness, LLC, 3401 N. 6th St., Hbg.

**Fee:** \$55R/\$60NR (#14527)



## ADULT ARTS & CRAFTS

### Painting: Oil or Acrylic w/John (10 classes)

For those with a wide range of experience. Involves glazing methods, impressionist/realist technique and some drawing. Request supply list.

**Dates:** Tues., 6:30-8:30 p.m., July 10-Sept. 18

**Location:** Friendship Center, Room 109

**Fee:** \$87R/\$90NR/\$70M (#14353)

### Basic Soap Making w/Soap-O-Therapy (16+)

Learn how to make melt-and-pour glycerin soap. Topics include safety, equipment, soap additives and colorants, and packaging. Access materials and supplies, and take home one pound (approx. 4 bars) of soap.

**Date:** Saturday, June 9, 3-5 p.m.

**Location:** Friendship Center, Room 106

**Fee:** \$40R/\$43NR/\$32M (#14342)

### Beginning Drawing w/Tavia (Ages 12+) (4 classes)



Learn to see what you draw. Draw what you see in a class for beginners. Focus on observational drawing skills especially the use of line, value, and perspective. Work in pencil, charcoal, ink, and scratchboard.

**Dates:** Thurs., 6-7:30 p.m., July 26-Aug. 16

**Location:** Friendship Center, Room 106

**Fee:** \$62R/\$65NR/\$52M (#14445)

## PETS

### Pet First Aid (No Pets)

Learn to save your pet's life by taking this class covering injury assessment, first aid basics including bleeding, shock, animal bites, CPR and rescue breathing, assembling a pet first aid kit, and transporting an injured animal. Pet First Aid handbook included.

**Date:** Saturday, June 16, 9 a.m.-5 p.m.

**Location:** Friendship Center, East Patio

**Fee:** \$85R/\$90NR (#14428)

### AKC Canine Good Citizen (Ages 10 weeks +) (7 weeks)

Learn responsible ownership for owners and basic good manners for dogs. Class reinforces the 10 skills required to earn the AKC Good Citizen certification.

**Dates:** Sat., 10:45-11:45 a.m., July 7-Aug. 18

**Location:** Friendship Center, East Patio

**Fee:** \$125R/\$135NR/\$100M (#14432) (test 7th week)

### Puppy 101 or Level I (Ages 10 weeks +) (6 classes)

Basic training such as sit, down, drop, walking on a loose leash, biting, chewing, dog/human language, games and others. Handler at least 10 years old. Need 6 ft. leash, well fitting collar, treats, and toy.

**Dates:** Sat., 9:30-10:30 a.m., July 7-Aug. 11

**Location:** Friendship Center, East Patio

**Fee:** \$60R/\$70NR/\$50M (#14525)

## SWIM LESSONS

### Parent/Tot I (Ages 3 years and under) (8 classes)

Orientation to water awareness and water safety.

Parent/child.

**Dates:** Tues., 10:10 a.m., June 19-Aug. 7 (#14379)

Tues., 5 p.m., June 19-Aug. 7 (#14380)

Wed., 9:30 a.m., June 20-Aug. 15 (#14381)

Sat., 10:10 a.m., June 23-Aug. 11 (#14382)

Sat., 10:50 a.m., June 23-Aug. 11 (#14383)

**Location:** Friendship Center, Rec. Pool

**Fee:** \$73R/\$77NR/\$56M

### Parent/Tot II (Ages 3 years & under) (8 classes)

Pre-requisite: Parent/Tot I

Orientation to water awareness, water safety and beginning water skill development. Parent/child.

**Dates:** Tues., 5:40 p.m., June 19-Aug. 7 (#14397)

Wed., 10:10 a.m., June 20-Aug. 15 (#14398)

Wed., 5 p.m., June 20-Aug. 15 (#14400)

Sat., 9:30 a.m., June 23-Aug. 11 (#14401)

**Location:** Friendship Center, Rec. Pool

**Fee:** \$73R/\$77NR/\$56M

### Twos Tots (Age 2) (8 classes)

Pre-requisite: Parent Tot I/II (no exceptions).

**Dates:** Mon., 5:40 p.m., June 18-Aug. 6 (#14412)

Sat., 11:30 a.m., June 23-Aug. 11 (#14410)

**Location:** Friendship Center, Rec. Pool

**Fee:** \$73R/\$77NR/\$56M

### Tiny Tots (Age 3) (8 classes)

Water skill development and safety.

**Dates:** Mon., 6:20 p.m., June 18-Aug. 6 (#14373)

Wed., 10:50 a.m., June 20-Aug. 15 (#14377)

Wed., 6:20 p.m., June 20-Aug. 15 (#14376)

Sat., 8:10 a.m., June 23-Aug. 11 (#14378)

**Location:** Friendship Center, Rec. Pool

**Fee:** \$73R/\$77NR/\$56M

### Angel Fish I (Ages 4 & up not able to swim) (8 classes)

Water awareness, water safety and skill development.

**Dates:** Mon., 5:00 p.m., June 18-Aug. 6 (#14384)

Tues., 10:50 a.m., June 19-Aug. 7 (#14390)

Tues., 6:20 p.m., June 19-Aug. 7 (#14385)

Sat., 8:50 a.m., June 23-Aug. 11 (#14386)

Sat. 10:50 a.m., June 23-Aug. 11 (#14388)

Sun., 12:10 p.m., June 24-Aug. 12 (#14389)

**Location:** Friendship Center, Rec. Pool

**Fee:** \$73R/\$77NR/\$56M

## FIREWORKS

Tuesday, July 3 — Koons Park



## SWIM LESSONS (CONT.)

### Angel Fish II (Ages 4 and up, not able to swim) (8 classes)

Prerequisite: Angel Fish I — Water skill development in preparation for Blue Fish.

**Dates:** Tues., 9:30 a.m., June 19-Aug. 7 (#14392)

Wed., 5:40 p.m., June 20-Aug. 15 (#14391)

Sat., 8:10 a.m., June 23-Aug. 11 (#14395)

Sat., 9:30 a.m., June 23-Aug. 11 (#14393)

**Location:** Friendship Center, Rec. Pool

**Fee:** \$73R/\$77NR/\$56M

### Blue Fish (Ages 4 and up) (8 classes)

Water safety and water skill development. Prerequisites: jump into water, swim 1/2 length on stomach and back and hold breath for 20 seconds.

**Dates:** Mon., 7 p.m., June 18-Aug. 6 (#14406)

Sat., 8:50 a.m., June 23-Aug. 11 (#14408)

Sat., 11:30 a.m., June 23-Aug. 11 (#14409)

Sun., 12:50 p.m., June 24-Aug. 12 (#14405)

**Location:** Friendship Center, Rec. Pool

**Fee:** \$73R/\$77NR/\$56M

### Cat Fish (8 classes)

Water safety, skill development, and refinement. Prerequisites: Jump into deep water, tread water for 30 seconds, swim length of pool on stomach and back, surface dive and retrieve ring.

**Dates:** Tues., 7 p.m., June 19-Aug. 7 (#14414)

Thurs., 6:20 p.m., June 21-Aug. 9 (#14415)

Sat., 10:10 a.m., June 23-Aug. 11 (#14417)

Sun., 1:30 p.m., June 24-Aug. 12 (#14416)

**Location:** Friendship Center, Lap Pool

**Fee:** \$73R/\$77NR/\$56M

### Dolphins (8 classes)

Continue learning skill progressions with focus on stroke development. Must be able to swim the length of the pool.

**Dates:** Thurs., 5:40 p.m., June 21-Aug. 9 (#14418)

Sun., 2:10 p.m., June 24-Aug. 12 (#14419)

**Location:** Friendship Center, Lap Pool

**Fee:** \$73R/\$77NR/\$56M

### Eels (8 classes)

Must be able to swim the length of the pool. Competitive stroke improvement.

**Dates:** Thurs., 7 p.m., June 21-Aug. 9 (#14420)

Sun., 2:50 p.m., June 24-Aug. 12 (#14421)

**Location:** Friendship Center, Lap Pool

**Fee:** \$73R/\$77NR/\$56M

## AQUACISE

### Competitive Swimming Clinic (Ages 6+) (8 classes)

Progressive and advanced skills in all 4 strokes, starts, turns and finishes. Emphasis on stroke refinement, drills and endurance. Pre-competitive and competitive level. Not swimming lessons.

**Dates:** Thurs., 5-5:40 p.m., June 21-Aug. 9 (#14423)

Sat., 12:10-12:50 p.m., June 23-Aug. 11 (#14424)

**Location:** Friendship Center, Lap Pool

**Fee:** \$73R/\$77NR/\$56M

### Adult Learn to Swim (Ages 16+) (8 classes)

**Dates:** Wed., 7-7:40 p.m., June 20-Aug. 15

**Location:** Friendship Center, Lap Pool

**Fee:** \$73R/\$77NR/\$56M (#14425)

### Private Swim (6-1/2 hour lessons)

Instructors available to provide private swim lessons.

**Dates:** By arrangement, registrants will be contacted.

**Location:** Friendship Center, Pool

**Private:** \$160R/\$170NR/\$130M (#14305)

**\*Group-Private (class of 4):** \$105R/\$110NR/\$75M per person (#14308) (\*must register as group.)

**\*Semi-Private (max two):** \$230R/\$240NR/\$180M (#14307) Note cancellation policy when registering!

### Aquatic Arthritis w/Mary Jo (no discounts)

Range of motion exercise for flexibility/coordination.

**Session I (20 classes):** Mon./Wed./Fri., 10:45-11:45 a.m., July 9-Aug. 22

**Fee:** \$74R/\$77NR/\$53M (#14330)

**Session II (12 classes):** Mon./Wed./Fri., 10:45-11:45 a.m., Sept. 5-Oct. 1

**Fee:** \$52R/\$55NR/\$32M (#14331)

**Location:** Friendship Center, Therapy Pool

### Aqua Fitness w/Roxanne (20 classes)

Various types of equipment will be used to increase the heart rate while toning core muscle groups. Also different exercise modalities to stretch length and increase body movements. Great overall workout.

**Dates:** Mon./Wed., 6:05-7:05 a.m., July 9-Sept. 24 (#14345)

Tues./Thurs., 6:05-7:05 a.m., July 10-Sept. 20 (#14346)

**Location:** Friendship Center, Therapy Pool

**Fee:** \$74R/\$77NR/\$53M

**The Friendship Center  
WILL BE CLOSED  
FOR MAINTENANCE  
On August 26-September 1**



## AQUACISE (CONT.)

### Aquacise For Fun w/Joanne (20 classes)

Try a little bit of everything!

**Dates:** Mon./Wed., 7-8 p.m., July 9-Sept. 24

**Location:** Friendship Center, Lap Pool

**Fee:** \$74R/\$77NR/\$53M (#14298)

### Aquacise w/Cindy (20 classes)

Power packed, cardio workout w/little stress on joints.

**Dates:** Tues./Thurs., 9:30-10:30 a.m., July 10-Sept. 20

**Location:** Friendship Center, Lap Pool

**Fee:** \$74R/\$77NR/\$53M (#14315)

### Keep It Movin'! w/Jennifer (20 classes)

Repeated simple movements create a go at your own pace — great easy water workout.

**Dates:** Tues./Thurs., 6-7 p.m., July 10-Sept. 20

**Location:** Friendship Center, Lap Pool

**Fee:** \$74R/\$77NR/\$53M (#14317)

### Body Tone Workout w/Roxanne (10 classes)

Stretch, lengthen and tone muscles by using different exercise modalities, water equipment and more. Focus on abs.

**Dates:** Fri., 6:05-7:05 a.m., July 13-Sept. 21

**Location:** Friendship Center, Therapy Pool

**Fee:** \$46R/\$49NR/\$32M (#14348)

## WELLNESS

### Energetics of Food w/Nanci Leddy

Low on energy? Which foods are best for energy? Learn how to prepare foods that provide proteins and vitamins even if you are vegetarian or gluten free. Cooking demo with salad full of fiber, healthy fats and vegetable protein-good to feed the whole family.

**Dates:** Wednesday, June 13, 2-3:30 p.m. (#14528)

Wednesday, June 13, 6-7:30 p.m. (#14529)

**Location:** Friendship Center, Room 106

**Fee:** \$18R/\$21NR/\$15M

### The Parks & Recreation Department Located in The Friendship Center Sells Discount Amusement Park Tickets:

Baltimore Aquarium • Dorney Park • Dutch Wonderland  
Hershey Park • Pennsylvania Renaissance Faire  
Knobels Amusement Park • Six Flags Great Adv. (MD)  
Six Flags Great Adv. (NJ) • Sesame Place

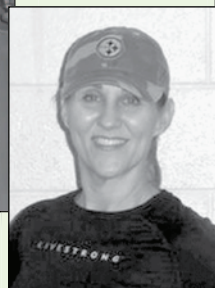
**Monday-Friday, 8 A.M.-5 P.M.**

*Cash And Charge Only — No Checks!*

## PERSONAL TRAINING



DAVE



KAREN



BENTZ

### BASIC FEES:

\$44 Member/\$49 Non-Member (per hour)

\$30 Member/\$35 Non-Member (per 1/2 hour)

### New Buddy Training System (2 people w/trainer)

\$34 per Member/\$39 per Non-Member (per hour)

\$24 per Member/\$29 per Non-Member (per 1/2 hour)

### New "6 pack" training card (purchase 6 at one time)

\$264 Member/\$294 Non-Member (per hour)

\$180 Member/\$210 Non-Member (per 1/2 hour)

**Call 657-5635 for more information.**

### BENTZ, DAVE, KAREN

*Certified fitness professionals  
for personal training.*

## MASSAGE/WELLNESS

### Swedish Massage

1/2 Hour — \$30 Member/ \$35 NM

1 hour — \$50 Member/\$60 NM

10 Session Package

Swedish — \$495 Member/\$585 NM

### Deep Tissue/Neuromuscular

### Pre-Natal Massage

### Hot Stone Massage

### Small Ball Therapy

1/2 Hour — \$40 Member/\$45 NM

Hour — \$70 Member/\$80 NM

10 Session Package

\$630 Member/\$720 NM

### Reflexology

1/2 Hour — \$30 Member/\$35 NM

Hour — \$55 Member/\$65 NM

### Neck & Shoulder Massage

1/2 Hour — \$35 Member/ \$45 NM

### Chair Massage

\$1 Per Minute (When Available)



Janine



Margaretha

## RENTALS



# 2012

## Special Party Package/Rentals

**\*SPLASH & DASH**  
(1 hour each area)  
Pool, Basketball Court, Party Room  
\$245R/\$263NR/\$204M

**\*KID'S SWIM & INDOOR GYM**  
(1 hour each area)  
Pool, Indoor Playground, Party Room  
\$274R/\$294NR/\$229M

**\*STAY & PLAY**  
(1 hour each area)  
Pool, Game Court, Party Room  
\$231R/\$249NR/\$192M

**Other popular party area rates  
(per hour):**  
Leisure Pool: \$139R/\$151NR/\$116M  
Basketball Court: \$70R/\$73NR/\$59M  
Multi-Purpose Room: \$45R/\$55NR/\$58M

**Ask About Our Zumba Party!**

**\*Packages Available  
May 1-September 30**

### Parties Book Fast!

Submit Your Request Early!  
2 Week Advance Notice Required!

**Great for Corporate Parties!**  
— SVA Deck Party —  
\$311R/\$333NR/\$288M

*"Fun in the Sun  
Package"*

Call For information!

## FRIENDSHIP SENIOR CENTER

### A. Senior Center/East Annex (657-1547)

Mon.-Fri., 7 a.m.-3:30 p.m. Seniors may come for programs, socialization, cards, leisure activities, and congregate meals.

### B. Senior Eligibility

The Senior Center is open to seniors 60 years and older at \$5 per year. Seniors do not need to be members of the Friendship Center or residents to participate.

### C. Congregate Meals

Meals are provided Mon.-Thurs. by the Dauphin County Area Agency on Aging. Seniors **must sign-up** 48 hours in advance at the senior center. Donation requested for meals. Residents of Dauphin County only.

### D. Weekly Program Schedule

<b>MONDAY</b>	8:30 a.m. - Aerobics (light)
	8:30 a.m. & 11:45 a.m. - Aquacise (\$2.00 cl.)
	10:00 a.m. - Tai Chi
	8 a.m. & 2 p.m. - Cards
	1:00 p.m. - Beginning Line Dancing
<b>TUESDAY</b>	2:00 p.m. - Intermediate Line Dancing
	7:55 a.m. - Peppi
	8 a.m. - Blood Pressure (1st Tues.)
	8:40 a.m. - Aquacise (\$2.00 cl.)
	7-10 a.m. - Walking (indoor)
<b>WEDNESDAY</b>	8 a.m.-2 p.m. - Cards
	9-11 a.m. - Group Crocheting & Crafts (3rd Tues. of month visit our craft sale!)
	12:30 p.m. - Cash Bingo
	1-2 p.m. - Lap Swim (\$1.50)
	8:30 a.m. - Aerobics (light)
<b>THURSDAY</b>	8:30 a.m. & 11:45 a.m. - Aquacise (\$2.00 cl.)
	8 a.m.-2 p.m. - Cards
	12:30 p.m. - Bridge Club
	12:30 p.m. - Mah Jongg
	1 p.m. - Tai Chi
<b>FRIDAY</b>	7:55 a.m. - Peppi
	8:40 a.m. - Aquacise (\$2.00 cl.)
	7-10 a.m. - Walking
	12 p.m. Chess
	1-2 p.m. - Lap Swim (\$1.50)
	1:30 p.m. - Line Dancing
	8 a.m. - Lite Aerobics
	8 a.m. & 2 p.m. - Cards
	8:30 a.m. & 11:45 a.m. - Aquacise (\$2.00 cl.)
	12:30 p.m. - Bridge
	12:30 p.m. - Knitting and Crocheting

## SENIOR VAN SERVICE

Please Call 657-5650

CAT Share A Ride: 232-6100

Lower Paxton Township Senior Citizens (60 & older) Van Service for medical appointments, shopping and other necessary transportation. Available Mon.-Fri., 8 a.m.-3:30 p.m. Call between 8 a.m.-12 noon. Anyone 21 years or older interested in volunteering as a Dispatcher or Driver, please call the Van Service.



# PROGRAM REGISTRATION AND PROCEDURES

## 3 WAYS TO REGISTER . . .

■ **BY MAIL** — Complete the registration form below and mail with payment to the L.P. Parks and Recreation, 5000 Commons Drive, Harrisburg PA, 17112. Please include a self-addressed, stamped envelope if you want confirmation of your registration. Note: Mail-in registrations are not processed until 5 p.m. on the specified day of registration unless participant phones in on the day registration begins to activate registration earlier.

■ **BY PHONE** — Call with your credit card (Visa or Master Card) registration, during operating hours at 657-5635.

■ **WALK-IN** — Registrations accepted at the Friendship Center, 5000 Commons Drive.

1. **Friendship Center members** may register for all programs offered at the Friendship Center beginning Thursday, May 31, 2012 at 6 a.m.
2. Registration for **Preschool Programs** for all others begins at 8:00 a.m. on Friday, June 1, 2012.
3. Registration for **Aquatics** programs begins Monday, June 4, 2012 at 6:00 a.m.  
Registration for **all other programs and classes** begins Wednesday, June 6, 2012 at 6:00 a.m.
4. **Family Discounts:** First member pays full price, each additional member (up to 3) living in the same household who registers for the same class may receive a 10% discount. No double discounting.
5. **Senior Citizen Discount:** 10% discounts on some programs for persons 60 years of age or over.
6. A 10% service charge will be deducted from all approved refunds. A prorated refund will be issued for any requests after the first class date from the date the office is notified. Refunds for one-day activities and all bus/van trips are not possible during or after the event. Refunds take about 3 weeks for processing and are mailed to the original payer.
7. The Friendship Center and the Parks and Recreation Department reserve the right to cancel activities. Full refunds are given for any canceled programs.
8. **Fee Structure: R=Resident, NR=Non Resident, M=Friendship Center Member.**
9. **Registration for a multi-session class is closed after the second meeting of the class.**

### MAIL-IN REGISTRATION FORM

Activity Name \_\_\_\_\_ Code \_\_\_\_\_  
 Date(s) \_\_\_\_\_ Fee: RE \_\_\_\_\_ NR \_\_\_\_\_ M \_\_\_\_\_  
 Name(s) \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ Zip \_\_\_\_\_  
 Home Phone \_\_\_\_\_ Work \_\_\_\_\_  
 Township Resident? Yes/No Male/Female \_\_\_\_\_  
 Friendship Center member? Yes/No  
 Parent's Name \_\_\_\_\_ Child's Birth date \_\_\_\_\_ (if applicable)

Make checks payable to:

Lower Paxton Township Parks and Recreation  
 5000 Commons Drive, Harrisburg, PA 17112

**ONE ACTIVITY PER FORM PLEASE**

**Forms are processed at the end of the business day received, but not before registration date.**

### MAIL-IN REGISTRATION GUIDELINES

The Lower Paxton Township Parks and Recreation Department encourages registration by walk-in, mail-in, or by phoning 657-5635 (with Visa, Master Card).

**Please note:**

**ALL MAIL-IN REGISTRATIONS** are not processed until 5 p.m. on the specified day of registration.

FC Members (All FC Programs)..... Thursday, May 31

Preschool Programs..... Friday, June 1

Aquatics Programs ..... Monday, June 4

All Other Programs ..... Wednesday, June 6

This mail-in registration does not guarantee a place in the program. Registrations are processed on a first-come, first-served basis.

# A Big "Thank You"

## To Our Egg-Stravaganza Sponsors & Breakfast Volunteers!

Lower Dauphin School District Students

Mackenzie & Meredith Moyer  
(Egg Stuffers)

The Hershey Company

Bitting Recreation

Lower Paxton Township Kiwanis Club

Metro Bank

Transcend Church

## COLONIAL PARK FAMILY PRACTICE

... where children are a very important  
part of our family



Monday thru Thursday  
8:00am to 8:00pm

Friday  
8:00am to 5:00pm

Saturday  
8:00am to 12:00 Noon

### 657-3030

- Kevin J. Kelly, M.D.
- Megan J. Borrer, M.D.
- Denise F. Montisano, M.D.
- Tamara Sullivan, PA-C
- Lauren Bowman, PA-C

4807 Jonestown Road, Suite 141, Harrisburg, PA 17109  
[www.heritagemedgrp.com](http://www.heritagemedgrp.com)



Chrissie Kelly

717.657.9658  
717.652.9476 - F  
1.888.345.6933

P.O. Box 6658  
Harrisburg, PA 17112  
[ckelly@lowees.com](mailto:ckelly@lowees.com)

**LOWEE'S GROUP TOURS, LLC**  
TOURS - VACATIONS - RECEPTIVE & CONVENTION SERVICES  
[www.lowees.com](http://www.lowees.com)



**Heritage Medical Group**

*Listening, Caring, Leading*

## WHAT IS PICKLEBALL?

Come try the latest in adult league fun, PickleBall! Nothing sour about this! Combination of tennis, badminton and ping-pong all at the same time. Easy to learn and play! The sport is played with a wooden paddle racket and a plastic poly ball. The court is smaller than your average tennis court. This game is so much fun and we have the equipment to get you started. \$3 Non-member fee.

Join us on Monday & Wednesday at 10 a.m.

**YOU'LL BE PICKLED YOU DID!**

# Pro-Optix

VISION CARE CENTER

**Dr. David J. Bryden**  
Optometrist

6021 Allentown Blvd. • Paxton Square • Harrisburg, PA 17112  
Phone: (717) 657-8880 • [www.pro-optix.com](http://www.pro-optix.com)

**Kenneth Tyndale**  
President  
[kent@kltyndaleinc.com](mailto:kent@kltyndaleinc.com)

**K.L.TYNDALE**  
INCORPORATED

7604 Allentown Blvd. T 717.545.9607 x204  
Harrisburg, PA 17112 F 717.545.9654

Electrical/Mechanical Contractors  
[www.kltyndaleinc.com](http://www.kltyndaleinc.com)

# METRO BANK

## Open 7 Days

**Anne Kingsborough**

Colonial Park Store Manager

[Anne.Kingsborough@mymetrobank.com](mailto:Anne.Kingsborough@mymetrobank.com)

[mymetrobank.com](http://mymetrobank.com)

717-540-7676

## EAST SHORE KIWANIS

Harrisburg, PA

Meeting at Gordon's Family Restaurant

Dinner First Tuesday of Month 6:30 p.m.

Breakfast Every Tuesday of Month 7 a.m.

Please contact us at

[eastshore18@yahoo.com](mailto:eastshore18@yahoo.com)